Dear Friends & Members,

The Governor’s Emergency Order was extended, so our in-person group activities are on hold until at least mid-March, marking a full year since the start of COVID. All classes and drop-in groups for spring will be online or pausing; FEAST Meals on Wheels and Curbside meals continue with support of dedicated volunteers and Chef Mike! Our only indoor activities for March are AARP tax clinics and foot care clinics. Our wellness calls and remote technology assistance continue as our Village develops, and outdoor spring chore help is coming! Vermont’s COVID-19 vaccine appointment making continues for age 70+ now. Clinics are hosted at many sites, and age 65+ will be next! Scheduling and information are on the State’s webpage: https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine. If you have questions, need help creating an account or scheduling an appointment, or if you need to reschedule by phone, please call 855-722-7878. The Call Center Hours are: M-F, 8:15-5:30, Sat.-Sun., 10-3. If you need transportation to a clinic, please call GMT at 223-7287. If you are homebound and aren’t already being assisted by a CVCOA case manager or Home Health to get a vaccine at home, contact the Call Center number above or let us know if we can help. Appointments are required, and there are enough for everyone eligible. Insurance is not required, and there is no cost for getting the vaccine. Please help keep the community, yourself and your loved ones safe by getting vaccinated along with strategies like donning your favorite mask, washing those dry winter hands again and distancing from others even though a hug might feel good right about now! Our staff team has been excitedly preparing for Spring class registration and March for Meals. Please look for MSAC, vaccine and community updates in our weekly e-letter or call us if unsure!

- Andrew, Becca, Harry, Janna, Norma & Sarah

March for Meals
March 1—29| 10 events, various times | Registration required

March is National Meals on Wheels Month, so it’s only natural that we spend the month focusing on our FEAST Senior Meals Programs: Meals on Wheels, Curbside Meals (and when safe again, Community Meals). We have nine presentations and a special to-go meal planned, plus different outreach efforts underway to increase community awareness about this essential program. We hope you’ll participate in some fashion! Please see pages 12-13 for offerings and full descriptions!

Spring Classes: Key Dates
(Some dates are different from previous announcements)
• Friday, 3/5: Program Guide and Registration form released (not 2/26)
• Monday, 3/15: Registration starts via mail, drop-off and online (not 3/8)
• Monday, 3/29: Lottery for any over-enrolled classes at end of day (3/30 notifications)
• Week of Monday, 4/5/21: Spring classes begin (Most 10-week classes end week of June 7. Most 12-week classes end week of June 21)
• Saturday, 4/10: Late Fees apply for registration received or postmarked after 4/9/21
Important to Know about Classes:
- Some instructors set maximum enrollment counts (and experience pre-requisites) for their classes based on personal preference; MSAC is not setting across-the-board maximum counts.
- New safety guidelines will be shared with registrations of all movement classes.
- Many classes have updated descriptions. Please read in Program Guide released by March 5 prior to registering and let us know if you have questions!
- All classes are online unless otherwise noted.
- Registration continues until the start of classes and beyond, and is open to residents of all towns for the entire duration.
- Payment or a request for financial aid must be made at time of class registration in order to hold a spot. Cash and check payments may be dropped off in our lockbox in an envelope that includes your name and contact information. Credit card payments are preferably made online (user-id and password available in office), but as a last resort, we can process credit card payments on the phone and do not save card numbers.
- Nearly all classes are open to non-members and younger people; we encourage you to spread the word!
- Financial Aid continues to be available for all members.
- Help using Zoom is provided in four trainings March and April! (See events on page 8-9 for more details.)

Most Spring classes are continuations from Winter, but we are excited to announce the following new and returning classes for the Spring Quarter. In addition, three popular classes have added second times (Pilates Express, Moderate Yoga and Creative Writing), and three yoga classes are returning from the past year. All are noted in the list beginning on page 3.

New Class Tai Chi Fundamentals
Ellie Hayes | 12 Tuesdays, starts 4/8 | 4:00—4:45 pm | Zoom | Age 15+
This class is for experienced and novice Tai Chi practitioners alike. Ellie will offer experiential exercises incorporating basic Tai Chi principles, which can be applied to any Tai Chi form.

Returning from 2019 A Pro-Active, Insightful Approach to Estate Planning
Claudia Pringles | 4 Tuesdays, starts 4/27 | 6:30—8:00 pm | Zoom | Age 15+
Montpelier Attorney, Claudia Pringles, will address some of the key questions and concerns that people 50 and over need to keep in mind as they plan for their own futures and for the transfer of responsibility to their loved ones. Among the areas on which Attorney Pringles will focus are the importance of matching skills and temperament to task when choosing who will play key roles involved in Estate Planning, such as Executor, Trustee, Power of Attorney Agent, Advanced Directive Agent, and Guardians; how transparency in your Estate Planning process can help keep peace in your family; safeguarding the assets of family members who have difficulty managing such on their own; protecting oneself and one’s loved ones in the event of disability or incapacitation; and making sure that your wishes are carried out in such a way that what you want to happen actually will happen, and happen with the least amount of distress to your loved ones. This class will be presented in readily understandable, conversational English—not in legal jargon. Each session will include opportunities for Q&A.

New Class Qigong
Ellie Hayes | 12 Wednesdays, starts 4/7 | 1:00—1:45 pm | Zoom | Age 15+
In this class, you will learn qigong practices from various sources. Qigong literally means “cultivating the Qi” and is effective at moving stagnant energy, strengthening your immune systems, and establishing relaxation and ease. Open to all levels of experience.

New Class Drawing Nature
Janice Walrafen | 10 Thursdays (starts 4/8) | 1:00—3:00 pm | Zoom, outdoor in Hubbard Park if COVID-19 guidance and weather allows | Age 10+
In this class we will look closely at nature’s shapes and forms, step back to see the field of pattern, light and shadow, and explore the unfolding of plants. Using pen-
cil, pen and charcoal, we will draw from life and outside as much as possible. Open to all abilities. We will meet outside, distanced and masked, at the New Shelter in Hubbard Park in good weather if State of VT COVID-19 guidance for group gathering allows in the months to come. Otherwise, classes will be on Zoom and members will be encouraged to find natural objects, plants, etc. in their home environments.

**New Class** Food as Medicine Fundamentals
Lisa Mase | 4 Fridays, starts 4/23 | 1:30—2:30pm | Zoom | Age 14+
ARE YOU READY TO TRANSFORM YOUR HEALTH WITH FOOD AS MEDICINE? This four week course is for you! I created Food As Medicine Fundamentals because I know that we are in a pivotal point in the well-being of ourselves, our species, and our planet. The way we eat and care for ourselves has tremendous ripple effects. May this course help us heal ourselves so we can heal the planet. UPGRADE YOUR NUTRITION KNOWLEDGE. During this 4 week course, you will: Find healthy eating rhythms for yourself and your loved ones Work with Ayurveda, Chinese Medicine, and the Mediterranean Diet Explore nutrition science, macronutrient balance and personalized nutrition Learn how to heal common conditions with food and herbs Understand which culinary and tea herbs are best for digestion Empowered around using food and herbs for health From intuitive eating for stress reduction to learning about your body's internal cues for nourishment, we will delve into the importance of what we eat and how we eat it. With traditional nutritional philosophies as our foundation and your common interests as our tools for exploration and growth, we will create a community of wellness. Weekly live courses and our online community will help us deepen our knowledge of food as medicine and keep connected! Take the course at your own pace. You will have lifetime access to the materials. All calls will be recorded to watch anytime.

**Spring Classes—Full List**

For full details, please refer to our Program Guide and Registration Form available online at [https://www.montpelier-vt.org/751/Classes](https://www.montpelier-vt.org/751/Classes) starting March 5, with limited quantities of hard copies in our vestibule at 58 Barre Street. All classes are scheduled on Zoom video or phone. A limited number of classes may move outside in-person if State Guidance and weather both permit.

**Fine Arts**
**Painting at All Levels**
Lisa Hogan | 10 Mon., starts 4/5 | 9:30-11:30 am
**Rug Hooking**
Pam Finnigan | 10 Wed., starts 4/7 | 9:30-11:30 am
**Drawing Nature (new class!)**
Janice Walrafen | 10 Thurs., starts 4/8 | 1:00—3:00 pm

**Humanities & Social Sciences**
**Creative Writing (new time added!)**
Maggie Thompson
10 Mondays, starts 4/5 | 1-3pm
10 Tuesdays, starts 4/6 | 1—3 pm

**Great Decisions**
Barbara Thompson & John Turner | 9 Wednesdays, starts 4/7 | 10:00—11:30 am

**Creating & Remaking Poems**
Samn Stockwell | 10 Wednesdays, starts 4/7, skip 4/21 | 3:00—5:00 pm

**Opera III: The 20th & 21st Centuries (new class!)**
Erik Nielsen | 10 Tuesdays, starts 4/6 | 2:30—4:00 pm

**A Pro-Active, Insightful Approach to Estate Planning (returning from 2019!)**
Claudia Pringles | 4 Tuesdays, starts 4/27 | 6:30—8:00 pm

**Active Living & Wellness**
**Bone Builders**
Section A:
Laura Morse | 12 weeks, Mon./Fri., starts 4/5 | 3:15 - 4:30 pm

Section B:
Laura Brown/Theresa Lever/Pat Carstensen | 12 weeks, Mon./Thur., starts 4/5 | 5:00 - 6:00 pm

Section C:
Tina Muncy | 12 weeks, Tues./Fri., starts 4/6 | 5:00 - 6:00 pm

(more Bone Builders on p. 4)
BONE BUILDERS, continued from page 3

Section D: Nancy Schulz | 12 weeks, Tues./Fri., starts 4/6 | 10:15—11:30 am

Section E: Joan Barrett / Jean Phillips / Barbara Ladabouche | 12 weeks, Tues./Thurs., starts 4/6 | 8:30-9:30 am

Food as Medicine Fundamentals (new class!) Lisa Mase | 4 Fridays, starts 4/23 | 1:30—2:30 pm

Next Level Beginners Pilates Shannon Hepburn | 12 Mondays, starts 4/5 | 10:30-11:30 am

Pilates Express (new time added!) Shannon Hepburn
Mondays, starts 4/5 | 12:00-12:45 pm
Wednesdays, starts 4/7 | 10:15—11:00 am

Somatic Movement: Move, Breathe and Feel More Free Amy LePage | 10 Fridays, starts 4/9 | 9:45—10:45 am

Qigong (new class!) Ellie Hayes | 12 Wednesdays, starts 4/7 | 1:00—1:45 pm

Fundamentals of Tai Chi (new class!) Ellie Hayes | 12 Tuesdays, starts 4/6 | 4:00—4:45 pm

Yoga Classes

Arranged gentler to more vigorous, not chronologically

Chair Yoga Ragan Sheridan | 10 Thursdays, starts 4/8 (skips 5/13, 5/20 & 5/27) | 1:30—2:30 pm

Gentle & Restorative Yoga w/chanting (returning!) Ragan Sheridan | 10 Wednesdays, starts 4/7 (skips 5/12, 5/19 & 5/26)

Gentle Yoga and Meditation Monica DiGiovanni | 12 Tuesdays, starts 4/6 | 4—5 pm

Moving into Stillness: Yoga & Meditation (returning!) Sarah Parker-Givens | 12 Thursdays, starts 4/8 | 2:00-3:15 pm

Gentle Flow Yoga Sarah Parker-Givens | 12 Wednesdays, starts 4/7 | 9:00-10:00 am

Moderate Yoga for Balance Patty Crawford | 12 Thursdays, starts 4/8 | 10:00—11:15 am

Moderate Yoga (new time added!) Ron Sweet
12 Mondays, starts 4/5 | 11:45-1:00 pm
12 Thursdays, starts 4/8 | 10:00-11:15 am

Moderate Flow Yoga (returning!) Sarah Parker-Givens | 10 Wednesdays, starts 4/7 | 5:00—6:15 pm

Yoga for Focus and Fitness: Strength and Flow Monica DiGiovanni | 12 Wednesdays, starts 4/7 | 9:00—10:15 am

Demonstration Videos of MSAC Classes

At the request of some members and volunteers on the MSAC Program Committee and Advisory Council, we have started collecting videos from instructors demonstrating the techniques and movements in their classes. We hope this will be a convenient way to check out a class in advance of registration. Stay tuned for announcements in our e-letter and links to our YouTube page where we’ll post them.
It’s MSAC Advisory Council Election Time!

It’s no surprise that this past year has been challenging for MSAC staff and members. During this time, the Advisory Council (AC) has continued meeting to advise and collaborate with our director, Janna Clar. The group will be instrumental in re-imagining the Senior Center as it moves through and beyond the pandemic.

This year, five seats will become available on the MSAC Advisory Council (AC), starting in late June. Two members will step down from the AC after serving the maximum number of consecutive years and one more seat has been vacant for a while.

AC members are elected to two-year terms that start and end in June. These seats are open to any current MSAC member, and those from supporting towns are especially encouraged to seek a position. We encourage you to join this friendly, productive group.

You can learn about expectations by reading the Governance Policies & Procedures, available on the MSAC website or by asking MSAC to send it to you. If you would like to talk to any of the current AC members about how the council works, please contact the office staff. Only MSAC members may nominate themselves or other MSAC members. Nominations must be in writing and include the candidate’s name, address, phone number and email address if any, and confirm they are an MSAC member. Here is the timeline:

By March 31, nominations with the information listed above must be delivered or emailed (msac@montpelier-vt.org) to the MSAC office.

By April 15, the nominee must accept the nomination and give the MSAC office a short biographical statement and photo (or staff can take a photo of you!).

The May edition of our Active Times newsletter will include candidate information and photos as well as the ballot, and voting via paper or Survey Monkey begins.

By June 1, voting ends, i.e., MSAC must receive all completed ballots, including those cast online, delivered or emailed.

By June 30, new AC members will be announced.

Supporting Town members needed to write Letters to Editors, post on Front Porch Forum, and stand up at Town Meeting Online Discussions!

Each year, we have our request for a tax appropriation appear on the town ballots of six towns: Berlin, Calais, East Montpelier, Middlesex, Moretown and Worcester. Last year, we served at least 335 people from the six towns—down slightly from the previous year but undoubtedly a result of the COVID-19 pandemic, our facility closure and our pivot to online classes. We know that our pandemic response has been resourceful and important to residents of all these towns and appreciate voters’ consideration of the value of MSAC even—or especially—during a pandemic.

The City of Montpelier also subsidizes residents from surrounding communities at a cost of about $85-90/person based on an average annual attendance of non-duplicated participants. As reported in recent newsletters, we’re seeking level funding in five towns and a slight decrease in Worcester.

If you are available to help with speaking at any Town Meeting Zooms, writing letters to the editor of a local paper in advance, or posting on your local Front Porch Forum, please contact Janna at jclar@montpelier-vt.org. We provided a lot of information on our website at www.montpelier-vt.org/1142/msac-and-surrounding-communities and are happy to answer your questions or provide suggested language!

MSAC Fundraising Updates

We are so grateful to all those who have continued to support MSAC in early 2021, including at the tail end of our postcard campaign and after our Water bill insert mailing in late January. We were touched by your comments to Donorbox online contributions, including one from a young family who decided to share part of their COVID relief check with us at the urging of their young son! We also received an especially large gift and another large pledge both earmarked for FEAST that are allowing us to better meet our growing overhead for the vital program. With March for Meals getting underway starting March 1, we are turning our fundraising attention to the FEAST Meals on Wheels and Curbside Meals for Seniors. We hope you will check out our ten special events that are all pandemic-safe, community-building, and important for our financial sustainability as we continue to weather COVID and meet the needs of older adults in our area! Thank you in advance for offering what you can and for helping spread the word among your friends and family, near and far, about March for Meals!
MSAC’s State and Federal Budget Advocacy for Senior Centers and Senior Meal Programs
Along with representatives from the Thompson Senior Center in Woodstock, the State of Vermont’s Unit on Aging, Central VT Council on Aging and VT Association of Area Agencies on Aging, MSAC Director, Janna Clar, gave testimony in February to the VT Legislature House Human Services Committee and Joint Fiscal Committee. A focus of the testimonies has been the importance of senior meal programs like FEAST for nutrition, socialization, and wellness checks, the growing demand for these essential services, and the need for additional funding. The AAAs have a legislative priority and request seeking $1 million more per year for the next three years to support Vermont’s senior meal programs. Janna also speaks to other ways that senior centers support major priorities of the State’s Plan on Aging (such as falls prevention and reduction in social isolation) despite receiving no State funding so far. Additionally, Janna has been engaged with staff from Senator Bernie Sanders’ office about the FY22 Federal Budget process, Older Americans Act funding and senior center services, and was scheduling to meet with others from our congressional delegation soon. These are some of the ways that MSAC is active in bringing more awareness to the vital role centers like MSAC play in the lives of older Vermonters, and the pandemic in bringing more attention to our financial needs for sustainability and capacity building. We encourage you to write to your legislators and congressional delegates about why you value MSAC and FEAST. Please contact Janna if you’d like to chat more about our efforts.

MSAC’s Book Discussion Group: Room for two more participants and seeking copies of some book titles!
The MSAC book discussion group met on Thursday, February 11, to discuss Anthony Doerr’s Four Seasons in Rome. A range of opinions prevailed. Readers are now engaged in reading Upton Sinclair’s The Jungle for the second Thursday of next month, March 11. The Zoom screen has room for two more members, and if you are interested in joining the group, please be in touch with Barbara Dall at 229-4870. If anyone would be willing to lend a copy of either Caste by Isabel Wilkerson or Landmarks by Robert Macfarlane for upcoming meetings of the MSAC book discussion group, please contact Barbara at 229-4870. Thanks!

MSAC’s AARP Tax clinic is full; get on waiting list
We are sorry to disappoint many area residents, but our tax preparation clinic is currently full with a substantial waiting list, and we know that the Capstone tax clinic has also reached capacity. There are fewer clinics in the state this year due to COVID-19, and we hope that the State will be helping address the shortage. We will keep you posted if we learn more. Would you or someone you know like to volunteer to help expand capacity in Central VT? If so, let Harry or Norma in our office know so they can get you in touch with the local coordinator.

Inclement Weather Meal/Event Cancellation Reminder
When the Montpelier Roxbury Public Schools close (or go “virtual online”) due to inclement weather conditions that make driving unsafe, MSAC’s FEAST Curbside To-go meals are cancelled for the day, as are Meals on Wheels deliveries and any other scheduled in-person services such as foot care clinics. On these dates, office staff are still answering phones and responding to email requests, sometimes in person and sometimes from remote. Online classes and drop-in groups are not cancelled on these dates. If you are unsure about the status of cancellations, you may call our voicemail, check our website or Facebook by 8:00am where we post the announcements. In addition, the school cancellations continue to be announced on many radio stations and news websites.

Online Reader’s Choice & Long Life Qi Gong Extended—All are welcome!
Due to popularity and Nancy’ Schulz’s willingness, the online drop-in groups scheduled to end in late March will instead continue on into April. See Program Guide!

Reader’s Choice will continue online Thursdays, from 7—8 pm until Thursday, April 28.

Long Life Qi Gong will continue online Fridays, from 10:45—11:05 am until Friday, April 29.

Montpelier Village Update
The Village Model Explained –
As the Village Model continues to be developed at the Montpelier Senior Activity Center (MSAC), let’s take a step back to understand why it is being explored in the first place. In order to do so, it is important to first un-
nderstand what a Village Model is. The Village Model, and the Villages that use the Model, are not physical places, but rather a set of services and offerings that aim to promote and support the safe and successful aging in place of older adults. This can take many forms, with different Villages throughout the country offering a variety of Village services tailored to the wants and needs of their communities (there are currently several hundred independently operating Villages throughout the country, including two in Vermont). During this initial pilot phase of our Village Model offerings, our efforts have focused on providing check-in Wellness Calls to our members, offering technology assistance, especially Zoom assistance, and preparing to provide outdoor, pandemic-safe chore assistance in the warmer weather months ahead. We believe these services are a natural extension of MSAC’s commitment to supporting and enriching the lives of older adults, and as such believe the Village Model can play a pivotal role in the lives of those we seek to serve. If you would like to learn more about the Village Model and MSAC’s Village-related offerings, or are interested in receiving or helping to provide these services, please contact MSAC’s Aging in Place Coordinator Andrew Gribbin at msac-americorps@montpelier-vt.org or 262-6287.

Wellness Calls Update
As the winter months have marched on, so too has our Wellness Calls project. While some of our volunteer callers continue outreach to households with MSAC members aged 80 and over, others have shifted to the next age cohort, now calling members age 75 and up. Additionally, we have updated our check-in questions and resource guides to ensure we are keeping up with the latest COVID-19 vaccine information, so that we know our call recipients are able to schedule vaccine appointments, have adequate transportation to those appointments, or can have home-based appointments for those who are homebound. Based on the feedback we’ve received, it is clear the experience continues to be a positive one both for our call recipients as well as our call makers, and we look forward to the project’s continuation. If you would like to learn more about this project or get involved in making calls yourself, please contact AmeriCorps member Andrew Gribbin at msac-americorps@montpelier-vt.org or 262-6287.

Call for Springtime Outdoor Volunteers!
As we begin to contemplate the arrival of spring and warmer weather in the coming months, MSAC is preparing to roll out outdoor, pandemic-safe spring and summer chore assistance as part of our Village Model’s home-based offerings. In order to be able to successfully accomplish this, we are looking for volunteers who can lend a hand to their older adult neighbors as they prepare for outdoor spring cleanup. Tasks will include light garden and yard work (e.g., raking, removing winter coverings from garden beds, adding or mixing compost, taking out patio furniture) that do not require any specialized skill or training. Though warmer weather may seem far off for now, our aim is to have a pool of fully vetted and ready-to-go volunteers in time for its eventual arrival, which means your buy-in now. If you are interested in learning more or signing up as a volunteer, please contact Aging in Place Coordinator, Andrew Gribbin at msac-americorps@montpelier-vt.org or 262-6287.

Check out “Tales of Montpelier’s Trees:” a new geo-located audio journey!
“Tales of Montpelier’s Trees” is a geo-located audio journey that takes let’s you see some of Montpelier’s most wondrous trees through the eyes of Adz, the city arborist. During the walk you will encounter 4 different trees: a White Pine, a Gingko, a Green Ash, and a Balsam Fir. The full walk takes you through downtown Montpelier up to College street and on to Hubbard Park. Each tree has its own audio— a story or an observation that will begin to play when you enter its vicinity. To listen, 1) Download the “Echoes” app on your phone
(the logo is of black concentric circles) 2) Find and download the walk called “Tales of Montpelier’s Trees.” Once downloaded, a map with the tree locations will appear. Follow the map to the circles designating the trees. When you get near, audio will play. Enjoy and reach out to Leila from The City of Montpelier Parks and Trees Department with any questions at LFaulstich@montpelier-vt.org. Additionally, reach out if you would like access to the audio files without the walking.

FEAST Farm Manager: Position Opening!
The FEAST Farm is looking to hire a Farm Manager for this upcoming growing season! They are seeking an experienced, mission-driven Farm Manager to help expand Farm production and programming in 2021. The full-time position will run Monday—Friday 8 am—4:30 pm, May—August with a possible 2-month extension (pending funding). This person will the “boots on the ground” at the Farm and oversee crop production, volunteers, student groups and day camp attendees. For more information and/or to apply, please contact Jacqueline at jhuettenmoser@montpelier-vt.org. Applications (including resume, cover letter, and two professional references) due March 1.

Green Mountain Transit (GMT) Needs Community Rides Volunteer Drivers!
The Community Rides Volunteer Driver Program is a network of volunteer drivers managed through individual regional public transportation providers to offer cost effective transportation to community members in need of a ride. Volunteer drivers provide rides for individuals who live beyond the regular fixed-route bus service and who do not have access to a car. Many of those in need of transportation are seniors, individuals with disabilities, and Medicaid clients, who may be your neighbor, friend or close family member. By becoming a GMT volunteer driver, you can provide those in need with a ride to support their independence, health and quality of life. Washington County: (802) 262-6182 or DGallagher@RideGMT.com.

Food Security Resources
If you need help to pay for food, you may be eligible for the following programs:
- **3SquaresVT** provides income-eligible residents with extra money each month to help them buy healthy, nutritious food at stores and farmers markets.
- **Crop Cash** is free market money that is given to customers when they spend their 3SquareVT benefits at participating famers markets. Every dollar in 3SquaresVT spent is matched with one dollar in Crop Cash, up to $10 a day. Crop Cash can be used to purchase fresh fruits, vegetables, herbs, seeds, and starts.
- **Farm to Family & Senior Famers Market Coupons** Eligible residents may get a $30 book of coupons that can be used at participating farmers markets and farm stands to buy locally-grown fresh fruit, fresh vegetables and fresh-cut herbs.
- **Call the Senior Helpline** for more information and to find out if you’re eligible. 1-800-642-5119.

Thank you, Community Harvest of Central Vermont!
In all, CHCV donated 138,050 pounds of food in 2020 to 11,270 hungry Central Vermonters in need, including MSAC’s FEAST meals recipients. A full list of partnering sites CHCV donates to is on their website [here](#). A full list of 2020 contributing farms and food donors is posted [here](#). 267 community volunteers throughout the season volunteered to harvest, sort, clean, weigh, track, and deliver produce. They also helped with administrative tasks – all while distancing and masked. Thanks volunteers for the 2,443 hours and 5,515 miles you donated! View more pictures of all their hard work [here](#). For a listing of the most dedicated volunteers in 2020 visit CHCV’s website [here](#).

“How to Use Zoom” Free Trainings
- Tuesday, March 9 | 10 – 11 am
- Thursday, March 18 | 1 – 2 pm
- Tuesday, April 13 | 1 – 2 pm
- Thursday, April 29 | 10 – 11 am

Have you heard about Zoom but felt nervous or resistant to try it out? Have you had a frustrating time with it, or been using it and want to learn tips to improve your experience? MSAC AmeriCorps member, An-

Welcome New Members!

Janet Starr & Rose Paul
drew Gribbin, will cover: turning your video and microphone on and off, changing your views and user-name, using the Chat function, Zoom etiquette and more. There will be time to practice and ask questions. To register for either, or learn about Zooming with your phone only, call Andrew at 262-6287 or email msac-americorps@montpelier-vt.org. Don’t need to be trained on Zoom but have other technological questions? Drew, in partnership with CVCOA, is working on offering more trainings on a variety of topics in the coming months—stay tuned!

March Foot Care Clinics (On-site)
Please contact the MSAC front office at 223-2518 or email msac@montpelier-vt.org for more information. Nurses from Central Vermont Home Health & Hospice clip toenails, clean nail beds, file nails, and lotion feet. $25 for a 30-minute appointment; dates vary.

Advisory Council Meeting
Monday, March 8 | 12:00-1:30pm | Zoom
Agenda items will include: Budget updates, committee reports, wellness calls update, Village options, annual meeting. Draft minutes for February meeting and next agenda are posted on MSAC’s Advisory Council page. All members are welcome to participate. To receive the Zoom link email msac@montpelier-vt.org.

Memorable Times Café
Wednesday, March 3 | 10:30-11:30 a.m.
Central Vermont Council on Aging (CVCOA) and VT Able Library invite persons with memory loss and their care partners to join in from the comfort and safety of home to share stories, memories, music, and community. For more information or to obtain the link to join the session, please contact Barb Asen at basen@cvcoa.org or call (802) 476-2681.

Free, Online Medicare & You Workshops with CVCOA
Monday, March 8 | 2-4 pm
Tuesday, March 23 | 1:30—3:30 pm
These are offered regularly by Central Vermont Council on Aging (CVCOA) to help individuals who are new to the Medicare system. If you want to participate, pre-register with us by calling 479-0531 or emailing medi-careworkshops@cvcoa.org.

Digital Media Training (Free, online)
Wednesday, March 10 | 12—1 pm
Join CVCOA and Technology for Tomorrow for a free Digital Media training! Learn about how to participate in our digital world, the principles for media consumers and how to identify trusted media sources in our community. Register for the event here: http://tech4tomorrow.org/event/digital-media-training-registration/. There is another event in April (Email—Gmail Tips Training) and May (iPad, Laptop and Smartphone Tips Training).

Osher’s Distinguished Speakers Program Online
Wednesdays, March 10 & 24 | 1-2:30 pm
We’re pleased to promote this program of UVM Continuing Education, often hosted at MSAC. All events are online. $10 each. Visit the website for more information about the 7-event series and to register: https://learn.uvm.edu/program/usher-lifelong-learning/olli-at-uvm-distinguished-speaker-series/
- March topics:
  - Racial Disparities in VT: From Real Data to Radical Empathy | Wednesday, March 10
  - Current Controversies in Public Health & Public Health Policy | Wednesday, March 24

Vermont Legal Aid Free Senior Clinic
Thursday, March 18, 2021 | 9-11:30 am
VLA is hosting a virtual legal advice clinic by phone for free civil legal assistance to Vermonters aged 60 and up, to answer legal questions about COVID-19 related assistance, federal and state benefits, housing, unemployment, or other civil legal issues. Call 802-318-4169 to book or visit https://vtlawhelp.org/seniors.

North Branch Nature Center Naturalist Journeys Online Presentation Series
North Branch Nature Center will be hosting a number of online, free, Wednesday evening presentations. For more information, including a complete list of presentations and descriptions, Zoom links and recordings of past presentations please visit their website: https://northbranchnaturecenter.org/presentations/.

Kellogg-Hubbard Library Online Events and More
Your local library continues to host many engaging talks and activities. For more information, including a complete list of events and descriptions, and registration links, please visit their website: https://www.kellogghubbard.org/adult-programs.
## MARCH 2021 WEEKLY CALENDAR

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>· 9:30-11:30 Online Painting at All Levels (Hogan)</td>
<td>· 8:30-9:30 Online: Bone Builders (Barrett/Ladabouche/Phillips)</td>
<td>· 9:00-10:00 Online: Gentle Flow Yoga (Parker-Givens)</td>
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<tr>
<td>· 10:00-11:00 am On-hold ‘til at least 3/15 or later: Outside: Walks with Joan*</td>
<td>· 10:15-11:30 Online: Bone Builders (Schulz)</td>
<td>· 9:00-10:00 On-hold ‘til at least 3/17 or later: Outside: Photo Club (Hogan)*</td>
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<tr>
<td>· 10:30-11:30 Online: Next Level Beginners Pilates (Hepburn)</td>
<td>· <strong>12:00-12:30 FEAST Curbside Pickup Meals</strong></td>
<td>· 9:00-10:15 Online: Yoga for Focus and Fitness: Strength and Flow (DiGiovanni)</td>
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<tr>
<td>· 11:45-1:00 Online: Moderate Yoga (Sweet)</td>
<td>· 1:00-2:00 Online: Zoom Training w/Andrew Gribbin (3/9 only, Free, Register!)</td>
<td>· 9:30-11:30 Online: Rug Hooking (Finnigan)</td>
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<tr>
<td>· <strong>12:00-1:30 Online: MSAC Advisory Council Mtg (3/8 only)</strong>*</td>
<td>· 1:00-3:00 Online: Creative Writing (Thompson)</td>
<td>· 10:00-11:30 Online: Great Decisions (Thompson/Turner)</td>
</tr>
<tr>
<td>· 3:15-4:30 Online: Bone Builders (Morse)</td>
<td>· 2:00-3:00 On-hold ‘til at least 3/16 or later: Outside: Trash Tramps*</td>
<td>· 10:15-11:00 Online: Pilates Express (Hepburn)</td>
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<tr>
<td>· 5:00-6:00 Online: Bone Builders (Brown/Lever)</td>
<td>· 3:00-3:40 Online: French Club*</td>
<td>· 10:45-11:05 Online: Long Life Qi Gong (Schulz)*</td>
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<tr>
<td>· 6:00-8:00 Online: Ad-hoc Writer’s Group*</td>
<td>· 4:00-5:00 Online: Gentle Yoga and Meditation (DiGiovanni)</td>
<td>· 1:00-1:45 Online: Qigong to Enhance Your Tai Chi (Hayes)</td>
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<tr>
<td></td>
<td>· 5:00-6:00 Online: Bone Builders (Muncy)</td>
<td>· 3:00-5:00 Online: Creating and Remaking Poems (Stockwell)</td>
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<tr>
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<td></td>
<td>· 5:30-7:00 pm Online: Rainbow Umbrella Women’s Discussion Group* (biweekly)</td>
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### Mary Lou Williams: Composer, Pianist, Pioneer
with Erik Nielsen
Mon. 3/1, 7-8:30pm

### Mixed Level Pilates Class
with Shannon Hepburn
Mon. 3/29, 12-1pm

### Slow Medicine in a Pandemic with Opeyemi Parham
Tues. 3/9, 1-2:30pm

### Food Movies to Savor with Rick Winston
Tues. 3/16, 7-8:30pm
<table>
<thead>
<tr>
<th>Thursdays</th>
<th>Fridays</th>
<th>Non-weekday hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>· 8:30-9:30 Online: Bone Builders (Barrett/Ladabouche/Phillips)</td>
<td>· 9:45-10:45 Online: Somatic Movement Series (LePage)</td>
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</tr>
<tr>
<td>· 10:00-11:15 Online: Moderate Yoga for Balance (Crawford)</td>
<td>· 10:15-11:30 Online: Bone Builders (Schulz)</td>
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<tr>
<td>· 10-11 Online: Zoom Training w/Andrew Gribbin (3/18 only, Free, Register!)</td>
<td>· 12:00-12:30 FEAST Curbside Pickup Meals</td>
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</tr>
<tr>
<td>· 1:00-2:30 Online: Drawing Basics (Walrafen)</td>
<td>· 3:15-4:30 Online: Bone Builders (Morse)</td>
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<tr>
<td>· 1:30-2:30 Online: Chair Yoga (Sheridan)</td>
<td>· 5:00-6:00 Online: Bone Builders (Muncy)</td>
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<tr>
<td>· 5:00-6:00 Online: Bone Builders (Brown/Lever)</td>
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<tr>
<td>· 7:00-8:00 Online: Reader’s Choice (Schulz)*</td>
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**Important Information**

- This calendar reflects Winter Classes which run through approximately mid-March in most cases. Spring classes begin the week of April 5.
- Onsite group gatherings are cancelled until at least March 15. Exception: Foot clinics, tax clinics.
- Drop-in Activities are noted with * and donations are appreciated!
- Unless otherwise noted, activities are weekly.
- Special events are in **bold**, descriptions page 8-9, 12-13.
- Dates are subject to change.

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**Food as Medicine Fundamentals**
with Lisa Mase
Thur. 3/4, 1-2:30pm

**Curbside Lasagna Dinner Pick-up**
with Andre Burnier & Friends
Thur. 3/25, 5-6:30pm

**“Treasure Hunt” Marionette Show & Chat**
with No Strings Marionette Company
Fri. 3/12, 6-7:30pm

**Early Circus/Mime Act Videos & Stories**
with Circus Smirkus Founder, Rob Mermin
Sat. 3/6, 4:30-6pm

**Spring Equinox Yoga & Meditation**
with Sarah Parker-Givens
Sat. 3/20, 9-10:15am

**“Old Women & the Black Dog” Theatric Puppet Show with Q&A**
with Janice Walrafen & Jason Mallery
Sun. 3/21, 2:30-3pm
March is National Meals on Wheels Awareness Month! To raise awareness and funds for the City of Montpelier’s essential FEAST Senior Meals Program, which operates Meals on Wheels and Curbside Meals for Seniors, the Montpelier Senior Activity Center (MSAC) has cooked up an enticing menu of TEN diverse, affordable, and pandemic-safe online offerings - 9 online, 1 curbside - to be enjoyed from the comfort of your own home. We invite you to browse our event menu below. You may select an a la carte offering, sample an entire category or order the whole enchilada! In fact, we encourage you to invite friends and loved ones from far away to join in, too! To learn more about our FEAST programs, see page 14. Complete event descriptions are on page 13.

Purchase your menu selection by registering online at: [www.montpelier-vt.org/marchformeals](http://www.montpelier-vt.org/marchformeals) or call (802) 262-6288. A Zoom link is available for each event. Suggested donation (per household):

- A la carte: $7—$25
- 2-dish sampler: $10—$45
- 3-dish sampler: $15—$60
- the whole enchilada (all 9): $30—$125

**March 6**

**Early Circus/Mime Act Videos & Stories**
with Circus Smirkus Founder, Rob Mermin
Saturday, March 6 | 4:30—6:00 pm

**“Treasure Hunt” Marionette Show & Chat**
with No Strings Marionette Company
Friday, March 12 | 6:00—7:30 pm

**“Old Women & the Black Dog”**
Theatric Puppet Show with Q&A
with Janice Walrafen & Jason Mallery
Sunday, March 21 | 2:30—3:00 pm

**March 12**

**“Old Women & the Black Dog”**
Theatric Puppet Show with Q&A
with Janice Walrafen & Jason Mallery
Sunday, March 21 | 2:30—3:00 pm

**March 1**

**Food Movies to Savor**
with Rick Winston
Monday, March 16 | 7:00—8:30 pm

**March 4**

**Food as Medicine Fundamentals**
with Lisa Mase
Thursday, March 4 | 1:00—2:30 pm

**March 9**

**Slow Medicine in a Pandemic**
with Opeyemi Parham
Tuesday, March 9 | 1:00—2:30 pm

**March 21**

**Spring Equinox Yoga & Meditation**
with Sarah Parker-Givens
Saturday, March 20 | 9:00—10:15 am

**March 25**

**Mixed Level Pilates Class**
with Shannon Hepburn
Monday, March 29 | 12:00—1:00 pm

**March 30**

**“Treasure Hunt” Marionette Show & Chat**
with No Strings Marionette Company
Friday, March 12 | 6:00—7:30 pm

**“Old Women & the Black Dog”**
Theatric Puppet Show with Q&A
with Janice Walrafen & Jason Mallery
Sunday, March 21 | 2:30—3:00 pm

**A Curbside Dinner Available to All!**
Join us on Thursday, March 25 to enjoy an Italian family style take-out meal of lasagna, salad and dessert! V & GF options available.

$10 per person or $35 for 4
Reserve yours by calling (802) 262-6288!
**Food as Medicine Fundamentals**  
Lisa Mase | 3/4/21 | 1:00—2:30 pm  
During this interactive Zoom conversation, Lisa will talk about personalized nutrition and how to use food as our first source of disease prevention and illness care.

**Slow Medicine in a Pandemic**  
Opeyemi Parham | 3/9/21 | 1—2:30 pm  
Dr. "O" will explore the changes in our aging bodies as they affect how MD’s view us as patients. She will walk us through questions to help us be ready for potential health care emergencies, and review many of the Bigger/ Better/ Faster medical technologies we Seniors must understand more fully; especially orthopedic 'replacement parts' and cardiac support options.

**Spring Equinox Yoga & Meditation**  
Sarah Parker-Givens | 3/20/21 | 9:00–10:15 am  
We will welcome the first day of spring with gentle movement, breath work and meditation. No experience is necessary...open to all. Please have a comfortable chair, a yoga/exercise mat (or practice on a carpeted floor) and a blanket/towel.

**Mixed Level Pilates Class**  
Shannon Hepburn | 3/29/21 | 12—1 pm  
Monday, March 29 | 12:00—1:00 pm  
This low-impact mixed level Pilates mat class emphasizes core engagement, precision of movement, breath, and flow. A regular Pilates practice develops healthy postural patterns and increases all-over strength and flexibility. The only equipment needed is a yoga/exercise mat. Participants of all ages and abilities welcome.

**Mary Lou Williams: Composer, Pianist, Pioneer**  
Erik Nielsen | 3/1/21 | 7—8:30 pm  
The name Mary Lou Williams is not as well known in the list of important Black American composers as Duke Ellington, Dizzy Gillespie, Charlie Parker, or William Grant Still, but she deserves to rank with all of them. Not only was she a great arranger, composer, and pianist, highly respected among her peers, in a jazz world dominated by men, but she created choral and large ensemble works that bridged jazz and concert music. As if that weren't enough, she mentored and encouraged young musicians such as Parker and Thelonious Monk to explore new paths, and continued such mentoring work right up to her death in 1981. And her influence continues today. Composer Erik Nielsen discusses Williams, her life, work, and some of the contemporary Black women composers who are her heirs.

**Food Movies to Savor**  
Rick Winston | 3/16/21 | 7—8:30 pm  
Rick Winston, co-founder of Savoy Theater and longtime instructor of film appreciation at MSAC, will present a program, featuring twelve film clips, that feature magnificent meals and the people who prepare them. The films will highlight the cuisines of France, Italy, China, and Mexico for starters. Total program length: 90 minutes including an opportunity for Q&A.

**Early Circus/Mime Act Videos & Stories**  
Rob Mermin | 3/6/21 | 4:30 - 6:00 pm  
Local Montpelier resident Rob Mermin, Founder of Circus Smirkus and former MSAC movement instructor, will introduce a dozen entertaining video clips from the early years of Smirkus, featuring his own clown and magic acts in the ring, and clips of Rob performing mime on a popular Danish TV show from the ‘80s, including Rufus the famous pantomime pup! This will be fun for the whole family—a behind-the-scenes look at Smirkus and Rob’s early performances.

**“Treasure Hunt” Marionette Show**  
No Strings Marionette Company  
3/12/21 | 6:00—7:30 pm  
All aboard a swashbuckling hunt for treasure! Jim is lured out to sea in search of adventure. Little does he realize the unusual experience ahead as he sets sail aboard the Golden Nugget with Captain Timbershin. A wild storm throws Jim overboard for an underwater odyssey and peculiar difficulties, including a giant clam, a fish that swallows him whole and an angry octopus guarding treasure. Jewel and Jim encounter King Neptune and discover that underwater inhabitants are threatened by pollution. Jim must find what is lost and convince his people to take better care of their waters so that creatures above and below can live in harmony.

**“Old Women & the Black Dog” Theatric Puppet Show with Q&A**  
Janice Walrafen & Jason Mallery  
3/21/21 | 2:30–3:00 pm  
This theatrical puppet show is a telling of an ancient Native American tale of the weaving of the world. It’s full of surprises you and your family will enjoy. The show will be prerecorded, and Janice and Jason will be available for Q&A.

Register at [www.montpelier-vt.org/marchformeals](http://www.montpelier-vt.org/marchformeals) or call (802) 262-6288.
Here at FEAST, we are thrilled that March has arrived! March is nationally recognized as Meals on Wheels Awareness Month, so it’s a perfect time to highlight, and celebrate what we offer you through our FEAST Senior Meals Program. A huge shout of THANKS to all of our amazing volunteers who make everything we do at FEAST possible! And, as you have seen, we are further celebrating by offering you an enriching series of online events – as well as a tasty pickup meal!

We’ve been working hard behind the scenes to bring more clarity, awareness and access to MSAC’s FEAST Senior Meals Program. We’re shifting things a little bit so that it makes more sense – to everybody – what we offer. So here it is: **FEAST offers Meals on Wheels and Curbside Pickup meals.**

**Meals on Wheels** (formerly known as FEAST at Home) is available to Montpelier and Berlin residents over 60 who need it. Our fabulous volunteers deliver a bulk pack of locally prepared frozen meals once a week, and we work to offer pandemic-safe social engagement and nutrition education too. There is no charge for meals, but donations are gladly accepted; and yes, we are going to benefit from Bernie Sanders' mitten shirt sales campaign to benefit VT Meals on Wheels programs like ours! If you or someone you know would benefit from receiving our delicious & nutritious meals on wheels, just call us at the FEAST office: 262-6288.

**Curbside Pickup** meals (formerly known as FEAST To-Go) are offered to seniors 60+ from anywhere (not just Montpelier residents) twice weekly. Call to register and simply drive up to the side door of MSAC on Tuesdays and Fridays between 12-12:30pm to receive a delicious, hot takeout meal. If you are new to the program, you will be asked to fill out a short nutritional survey. You can see our monthly menu on our website. Please call to make your reservation: 262-6288.

**Fees and donations**
Age 60+: No charge with suggested $5-10 donation if you have filled out the annual nutritional survey.
Under age 60: $7-10. All proceeds benefit the FEAST meal program. MSAC’s cost is over $12 per meal, so every dollar helps supplement the federal reimbursements that we receive thanks to our great partnership with Central Vermont Council on Aging!

**FEAST Meals on Wheels**
Do you or an older adult in your life need more access to delicious, healthy food? Is there someone in your life who is struggling to eat more nutritionally? Let us know because we can help! Have them call us at the FEAST office to be connected to our robust (and yummy!) Meals on Wheels program: 262-6288.

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**March FEAST Meals Menu**

Join us for curbside service Tuesdays and Fridays, now served near the side door by Laura and Tina. Prepared with care by Chef Mike, please enjoy these delicious meals this month and let us know in advance if you have dietary restrictions or need a vegetarian meal!

**Tuesday, March 2:** Chicken Pot Pie, Rutabaga and Winter Vegetables, Rice, & Dessert.

**Friday, March 5:** Beef and Vegetarian Lasagna, Garlic Bread, Broccoli, & Dessert.

**Tuesday, March 9:** Chicken Enchiladas, Spanish Rice, Vegetables, & Dessert.

**Friday, March 12:** Shepherd’s and Root Vegetable Pies, Winter Vegetables, & Dessert.

**Tuesday, March 16:** Corned Beef Boiled Dinner, Irish Soda Bread, & Dessert.

**Friday, March 19:** Sweet and Sour Chicken, Vegetable Stir Fry, Rice, & Dessert.

**Tuesday, March 23:** Roasted Chicken, Herbed Stuffing, Cranberry Sauce, Green Salad, & Dessert.

**Thursday, March 25:** SPECIAL CURBSIDE DINNER PICKUP 5:30 – 6:00 pm — registration required: Beef and Vegetarian Lasagna, Salad, & Dessert. Call to reserve yours: (802) 262-6288.

**Friday, March 26:** Cream of Tomato Soup, Toasted Cheese Sandwich, Winter Vegetables, & Dessert.

**Tuesday, March 30:** Slow Cooked Pork with Rosemary, Red Cabbage, Kale, Baked Sweet Potatoes, & Dessert.
March FEAST Events

Family-Style Curbside Meal Pickup (An event of March for Meals)
Thursday, March 25th, 5:00-6:30 pm
Need a break from cooking? Hungry for something delicious? Looking for a meal to give to someone else? Then don't miss out on this easy, yummy way to support MSAC's FEAST Senior Meals Program! Reserve your meal for pick-up between 5:00 and 6:30 pm at the side door of MSAC: 58 Barre St, Montpelier. Cost: $10 per person or $35 for family size (serves up to four)

Menu: Fresh-cooked Lasagna, Salad and Dessert
Lovingly prepared by local professional Chef Andre Burnier (former NECI instructor)
Vegetarian and gluten free options available upon request. Reserve a meal for you, your family, or a neighbor-in-need! Purchase your meal by visiting: www.montpelier-vt.org/marchformeals or call (802) 262-6288.

FEAST Farm Journal
submitted by Eco AmeriCorps Member, Leila Faulstitch
At the farm, things lie low. The sheath of snow across the land quiets what used to be foamy bursts of kale and chard, bright red tomatoes. Yet, when you stand very still in front of the rows you can imagine the tiny scratches of life still there, waiting. Weeds and crops may be dead, but their remnants remain: seeds, root bits. It’s magical to think of what gets left behind in the massive die back of winter. Just like we change out our tires and take out our coats, life prepares to live.

Since we are not growing food, we use the time to plan for the spring and summer. A waning-pandemic season brings many hopes: farm camp, a new farm manager, tree plantings. We have Zoom meetings and draw up to-do lists. What seeds should be ordered? What tools will we need? Of course, we need to be patient about the future. In the spirit of this last year, nothing is certain. But we can dream. Also, I lied. At the farm, some things don’t lie low. Across the river, sits one of the most enormous cottonwoods I’ve ever seen. Its branches stretch round and mighty, and very, very high.

SOMETHING FROM THE KITCHEN

Recipe from MSAC Member Amalia DiStefano

With our focus on lovin’ up FEAST this month through our March for Meals campaign, we wanted to bring YOU something sweet: Amalia DiStefano’s delicious Lemon Cookies recipe! These are very easy to make, and as Amalia says: "Everyone loves them!" If you have a favorite recipe you would like to feature, send it to us at FEAST@montpelier-vt.org.

We’re also posting these recipes on our website: https://www.montpelier-vt.org/1201/Something-for-the-Kitchen.

LEMON COOKIES

- 1 package of lemon cake mix (Lemon Supreme)
- 1 egg
- 1 stick of unsalted butter, melted
- 1 spoon of grated lemon zest
- Granulated Sugar

Preheat oven to 350°. Line cookie sheet with parchment paper. In a large bowl, using wooden spoon, combine cake mix, egg, melted butter and lemon zest until well blended. Place granulated sugar in a shallow dish. Shape dough into 1 inch balls. Roll balls in granulated sugar, place about 2 inches apart on cookie sheet. Press each ball flat with bottom of a glass dipped in sugar. Bake in preheated oven about 10 minutes or until lightly brown around edges. Cool for 5 minutes on sheet, then transfer to a rack and cool completely. Makes about 4 dozen cookies. ENJOY!
Dear Newsletter Subscriber:
Save MSAC $1 per month (and save paper!) by switching to our e-letter. You’ll get the newsletter in full color and earlier than the USPS edition. Email msac@montpelier-vt.org.

Upcoming Important Dates:
• Monday, 3/1—Kick off of March for Meals Events w/ Erik Nielsen presenting on Mary Lou Williams
• Friday, 3/5—Spring Program Guide and Registration Form released
• Monday, 3/8—Advisory Council Meeting
• Monday, 3/15—Spring class registration starts
• Thursday, 3/25—Curbside Dinner for All

Sustaining MSAC’s Future
Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Becca Jordan at 262-6284 or bjordan@montpelier-vt.org.

Montpelier Senior Activity Center
Office hours: Mon-Fri, 9 am - 4 pm
223-2518 • 262-6285 (fax) • www.montpelier-vt.org/msac • msac@montpelier-vt.org

MSAC is a division of the Community Services Department. MSAC’s mission is to enhance the quality of life for older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.

Janna Clar, Director
Becca Jordan, Communications & Development Coordinator
Norma Maurice, Office Manager
Harry Divack, Administrative Assistant
Andrew Gribbin, Aging in Place Coordinator Americorps

FEAST Meals Program and Reservations Number: 262-6288
Sarah Lipton, FEAST Program Manager
Michael Morse, Kitchen and Operations Manager for Good Taste Catering